

F O C U S

NEWSLETTER FOR THE OFFICE FOR THE PREVENTION OF FAMILY VIOLENCE

CANADIANA

NOV 22 1994

Doctors find new ways to heal an old problem

A new partner has joined the campaign against family violence. This new partner is established in the community, networked around the globe, and comes in daily contact with people from all walks of life. Doctors and medical teams in Alberta and throughout Canada are now actively involved in dealing with issues relating to family violence. They are reaching out to victims in an assertive new way. Printed materials are being produced, educational strategies put in place, and new roles for medical staff are emerging. Here is a sampling of what some Alberta's medical professionals are doing to ease the pain of abuse.

Dr. Nellie Radomsky, a family physician for 16 years in Red Deer, became interested in the connection between abuse and chronic pain after discovering that many women who came to her with chronic pain also had a history of sexual or physical abuse.

"It is time that we began to see the extent of the health problems associated with a history of abuse," says Radomsky.

Radomsky's findings in a research project also supports her theory about the long-term health effects on women of domestic violence. The study of 120 female patients at her clinic found that women with alcohol-dependent or rigid parents were more likely to have chronic illnesses and experience more physical or sexual abuse than those with parents that did not have these characteristics.

"It's time that we began to see the extent of the health problems associated with a history of abuse."

Radomsky feels that physicians must begin to ask women questions about a history of abuse in a direct fashion and must be willing to help women understand how the abuse has affected them. She says this also involves physicians empowering women to help themselves.

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Last Chance!!

If you want to continue receiving Focus, please clip the address label from the envelope your newsletter arrived in, or send your name and address as it appears on the label to:

Office for the Prevention of Family Violence
Alberta Family and Social Services
11th Floor, 10030-107 Street
Edmonton, AB T5J 3E4
or fax it to us at 427-2039

If we haven't heard from you by October 31st, 1994, your name will be deleted from our mailing list. Thanks for your help!!

Just a reminder....

**NOVEMBER is Family
Violence Prevention
Month!!!**

**THEME of this year's
Family Violence
Prevention Month is:**

*YOU can make a
difference. Take time to
get involved!*

**Family Violence
Prevention Month
materials will be available
from:**

**The Office for the
Prevention of Family
Violence
Alberta Family and
Social Services
11th Floor, 10030-107 St.
Edmonton, Alberta
T5J 3E4**

**Tel: (403) 422-5916
Fax: (403) 427-2039**

New ways to heal...continued from page 1

Radomsky is also pleased that the entire issue of family violence is becoming a part of the medical profession in North America. "Family Violence as a health issue is now part of the curriculum for medical students."

Radomsky has just written a book that deals with the connection between abuse and chronic pain. "Lost Voices, Women, Chronic Pain and Abuse" will be published in February of 1995 by The Haworth Press Inc. of Binghamton, New York.

In Alberta, posters are used to encourage patients to speak to their doctors about problems relating to family violence. The posters were sent to 2,000 of Alberta's family physicians.

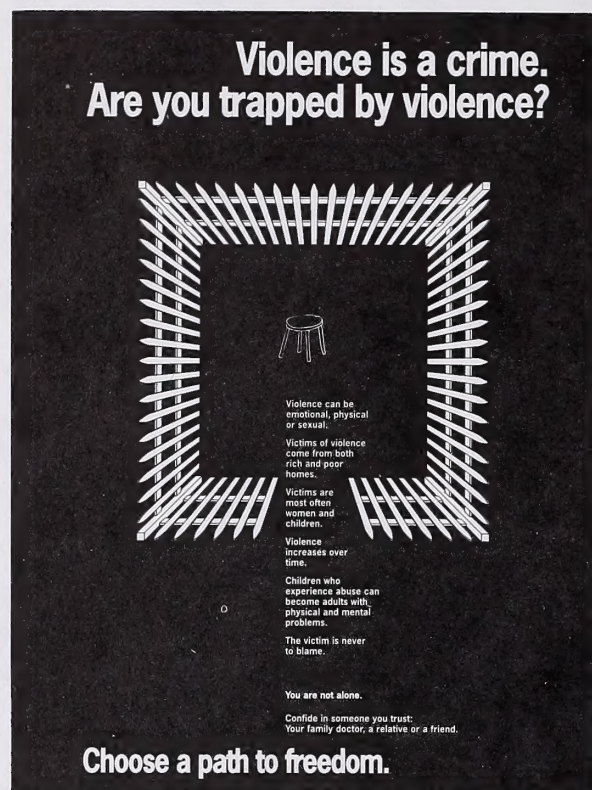
Dr. Jeffery Robinson, Executive Director of The College of Family Physicians of Canada, helped develop the poster in cooperation with Alberta Family and Social Services. "I think it's important that physicians take a closer look at common symptoms [that may have roots in family violence,]" says Dr. Robinson.

"Depression, chronic pain disorders, eating problems, irritable bowel syndrome, alcohol and drug problems, and personality disorders have all been associated with a history of abuse," says Dr. Robinson.

More and more physicians across Canada are delving into the problems of family violence as they receive training on the subject.

Dr. Janice Heard is a family physician in Calgary. For the past three years she has conducted a thorough examination of

children that have been referred to the Child Abuse Program at Alberta Children's Hospital. Although it is difficult to accept that children in our province need this program, Dr. Heard finds it comforting to know it is there for those who need it.



Poster used to encourage patients to speak to their doctors about family violence.

Heard examines each child, questions them and takes a history from the child and/or parent. She is often asked to reveal her examination findings in court. She sees the Child Abuse Program as an important link in helping the children that are victims of family violence.

In 1991, a Sexual Complaint Line was set up by The Alberta College of Physicians and Surgeons. Although the service is specific to sexual misconduct by physicians, it was one of the first ways the medical community began to reach out to victims. The phone line averages about two calls a day and is

open to anyone who feels they have experienced sexual misconduct by physicians or who requires information on this topic.

"We get a variety of calls; many deal with communication issues," says Patti Manton, one of two Patient Advocates that answer the Sexual Complaint Line. Manton says "The line provides a support for complainants and provides appropriate validation to the complainant."

This partnership between other proponents of family violence prevention, medical teams and victims has opened exciting new doors to help those who suffer from this type of abuse. Dr. Radomsky says many physicians have become very involved in the problems of family violence and are reaching out to patients whose stories of abuse may otherwise have gone unheard.

For More Information:

Dr. Jeffery Robinson
Executive Director,
The College of Family Physicians of
Canada, Alberta Chapter
203, 12230-106 Avenue, Edmonton, AB
T5N 3Z1
(403)488-2395, 1-800-361-0607

Dr. Janice Heard
Child Abuse Program
Alberta Children's Hospital
1820 Richmond Road S.W., Calgary, AB
T2T 5C7
(403) 229-7886

Alberta College of Physicians and Surgeons
Sexual Complaint Line
1-800-661-4689

DID YOU KNOW?

The National Clearinghouse on Family Violence (see address below) has released three new fact sheets. They provide practical information on definitions, the extent and nature of the problem, the impact on survivors and available resource materials. They will be of interest to front-line workers, self-help and mutual aid groups, and survivors themselves.

Adult Survivors of Child Sex Abuse, prepared by Kathryn Ann Hill, Rape Crisis Centre (Ottawa).

Family Violence and People with Mental Handicaps, prepared by Miriam Nicoll, the Roeher Institute (Toronto).

Peer-Facilitated Support Groups for Abused Women, prepared by Janet Freeman and Karen Lacombe, Vancouver Battered Women's Support Services for the Self-Help Canada series.

The Clearinghouse is also distributing:

National Inventory of Treatment Programs for Child Sexual Abuse Offenders (1993), prepared by Catherine Ryerse, National Youth in Care Network. This descriptive listing is an update of the 1989 inventory prepared by the Canadian Child Welfare Association and distributed through the Clearinghouse. It will be useful to front-line workers and researchers interested in learning more about current programs, establishing new programs and networking with others.

Community Awareness and Response: Abuse and Neglect of Older Adults, by the Mental Health Division of the Department of Health, in partnership with program providers, government representatives and seniors groups. This introductory guide provides a conceptual

framework for communities to develop protocols, policies and services to address the issue of abuse and neglect among older adults.

Child Welfare in Canada: The Role of Provincial and Territorial Authorities in Cases of Child Abuse, by the Federal-Provincial Working Group on Child and Family Services Information. This is the report of Provincial/Territorial Child Welfare Systems data collection project under the Federal Family Violence Initiative.

Health Canada has recently released **Canada's Treatment Programs for Men Who Abuse Their Partners**. This inventory gives information on 123 programs, providing an overview of Canada's programs for men who abuse their female partners. The emergence and growth of treatment programs in Canada is also discussed, followed by descriptions of target groups, fees, geographic locations, waiting lists, grounds for restrictions to the programs, approaches to treatment and program evaluations.

To get copies of the information described above, contact:

The National Clearinghouse on Family Violence
1st floor, Finance Building
Tunney's Pasture, Ottawa K1A 1B5
Tel: 1-800-267-1291/(613)957-2938
Fax: (613)941-9830

The Canadian Panel on Violence Against Women has developed **The Community Kit**. It is a resource book which offers ideas, approaches, and tools to help communities address violence against

women. The kit covers a variety of topics and advice on how to: establish a community action group; find out about available community services and programs; involve a wide range of groups in creating an action plan for change; and motivating individuals and organizations to take action. For a cost of \$19.95, the kit can be ordered from: Canada Communication Group-Publishing Ottawa, Canada K1A 0S9. Tel: (819) 956-4802 Fax: (819) 994-1498.

Caring Communities of Ottawa has been developing and test piloting resources for the prevention of child sexual abuse. A book of twenty case studies, **Communities Preventing Child Abuse**, and a series of public service announcements are now available, and **Child Sexual Abuse Prevention: A Resource Kit**, will be available in September. Contact: Caring Communities 512 - 885 Meadowlands Ottawa, Ontario K2C 3N2 Tel: (613)224-4973 Fax: (613)224-4145.

The B.C. Institute of Family Violence has produced an educational video package for women who have been assaulted by their husbands or boyfriends. The package is designed to help women who may be going to court as witnesses to their assault in criminal prosecutions. Contact: B.C. Institute of Family Violence Suite 290, 601 West Cordova Street, Vancouver, B.C. V6B 1G1 Tel: (604)669-7055 Fax: (604)669-7054.

COMMUNITY NEWS

Northeast

● **Lac La Biche** Family and Community Support Services (FCSS) is working on a multi-dimensional project on family violence prevention. They are hosting an Azimuth Theatre performance; providing workshops and developing a community resource booklet; and providing a community awareness newsletter for youth and teens.

● **Elk Point's** North East Adoption Resource Foundation is providing workshops and mall displays on child abuse prevention to adoptive and prospective adoptive parents in their region.

● The **Saddle Lake** Inter-agency Committee is hosting a five day conference in a cultural setting to create an awareness about the seriousness of family violence in the Saddle Lake First Nation. Dynamics and contributing factors to family violence will be taught to youth, adults, and elders.

Northwest

● The **Grande Prairie** Committee on Family Violence is delivering a workshop on elder abuse. Their intent is to develop a protocol on effective ways for community response to this issue.

● A 30 minute documentary is being produced by **Manning** Community Television. The program aims at identifying aspects of family violence unique to small towns.

Edmonton

● The town of **Beaumont** FCSS is delivering a conference on family violence prevention. They are examining the issue from a community perspective.

● The **Edmonton** based Dialog with the Disabled of Alberta is researching, writing, and publishing a supplement section on youth and family violence for its magazine entitled *Dialog*.

● The Latin American Women's Association in **Edmonton** will distribute a cross-cultural educational package. It will contain family violence related information pertinent to immigrant women.

● The Sexual Assault Centre of **Edmonton** is involved with an interactive theatre production for junior high school students in smaller centres and in Edmonton's inner city schools.

● The Social Justice Commission in **Edmonton** presented an interactive drama presentation during a three day conference entitled 'Breaking the Silence: the Catholic Community Reflects on Violence and Abuse.'

● The Society to Help End Abuse in **Leduc** is providing a multifaceted community awareness raising project. They will hold public education presentations; 'brown bag' video series; a series of drama productions for elementary school students; information and support groups for women who have been in abusive relationships; and publish and distribute a violence prevention activity book.

● The Alberta School for the Deaf Community Council in **Edmonton** is developing an information package for family violence prevention agents on the deaf and hard of hearing groups' needs.

● A drama on the theme of conflict, reinforced by age specific conflict-resolution teaching plans, is being staged by **Edmonton** based Azimuth Theatre. The drama will be presented to 20 schools throughout the province.

● The **Edmonton** Council Against Family Violence is developing and implementing a model for a coordinated response to family violence. They are paying particular attention to the needs of aboriginal, immigrant, and disabled women.

● The **Edson** Friendship Centre is delivering a one day youth conference entitled 'Creating a Non-Violent Future.' The conference is for 12-18 year olds in Edson, Hinton, Grande Cache, and surrounding areas. The Centre is also making available a collection of resource materials for use of families and youths affected by violence.

● **Grande Cache** Transition House Society will provide a series of workshops on family violence prevention to isolated native communities surrounding Grande Cache.

● Community Services for **Sturgeon** Action for a Healthy Community will compile and distribute material previously developed through Community Project Funding from Alberta Family and Social Services.

- The Women of the Metis Nation in **Edmonton** are coordinating an educational conference targeting community grassroots Metis women from across Alberta. The purpose of the conference is to teach processes such as healing circles and networking as a means to develop locally based initiatives to address family violence.

Central

- The Committee for the Prevention of Family Violence in **Drumheller** is delivering a skill development workshop for professionals that would enable them to deal more appropriately with people who have experienced family violence.

- An information series on family violence, anger management, and dating violence is being delivered through the Prevention of Family Violence Committee of **Stettler**. The information is geared to children from kindergarten to grade 12 in 10 town and county schools.

- The Society for the Prevention of Family Violence in **Wetaskiwin** will present a one day workshop on family violence for

professionals and the public. It will take place in November during this year's Family Violence Prevention Month.

- Viking FCSS** is increasing community awareness of abuse by providing strategies for breaking the cycle of violence through drama by Azimuth Theatre performance followed by a panel discussion; interactive theatre workshop for members of the Viking School Peer Support Team and the student's councils; and educational videos made available through Viking FCSS resource library.

Calgary

- Central Memorial High School in **Calgary** is offering a support group for students who are at high risk of abuse.

- Mennonite Central Committee - Alberta Women's Concerns Committee in **Calgary** will present a comprehensive introduction to family violence issues during a two day conference for the Mennonite church community. The conference is titled: Door of Hope. (See Calendar of Events for more information.)

- PEER** (Peer Enhancement, Empowerment and Resources for Students) Society in **Calgary** is increasing awareness and skill level of Peer Support facilitators and students on family violence issues with the intent of preventing abuse and/or overcoming the effects of abuse.

- An indepth training workshop is being provided for the Siksika Board of Education teachers and support staff regarding issues of family violence. The workshop will be held in **Gleichen**.

South

- The **Medicine Hat** Community Christian Counselling Services Society is providing an anger management educational program for teens ages 12 - 18.

- UPDATE:** The **Lloydminster** Interval Home's program New Perspectives for Men has received start-up funding from the local Knights of Columbus, and ongoing funding is provided by Alberta Mental Health.

Could your budget use a boost?

Could your organization put a few extra dollars to good use? Here's what the Canadian Women's Foundation did to boost its budget. They found an advocate and supporter in the corporate world, namely Tampax-makers of tampons.

They developed a strategy: Tampax would solicit public donations and match the donations, dollar for dollar. A public relations firm was hired to validate the strategy. They researched the Toronto market and found that this was a viable approach and that Tampax would benefit from an association with issues relating to the prevention of family violence.

Tampax made a three year commitment to The Canadian Women's Foundation. They advertised in national magazines

and enclosed flyers in Tampon boxes. Here are the results:

- Year one yielded \$30,000 in public donations; Tampax donated \$100,000.
- Year two brought in \$40,000 from the public; Tampax donated \$100,000.
- Because of the expense of advertising, public donations were not solicited in the last year of the campaign, but Tampax donated another \$100,000.

As a result of this co-operative effort between a corporation and an agency, Tampax improved its public image and \$370,000 was channelled to help Canadian women in crisis.

BOOK REVIEWS

Taming the Dragon

Publisher: Detselig Enterprises Ltd. 210, 1220 Kensington Road N.W. Calgary, Alberta T2N 3P5 Phone: 283-0900

Authors: H.L. Webster and L. Parker

Format: Coil bound, 240 pages

Taming the Dragon is a curriculum guide to Anger Management and Conflict Resolution for three to eight year olds. It is a preventive program which aims to show children how to identify and appropriately express a wide range of emotions. It teaches children to talk about their feelings and to resort to aggressive behaviours less often.

The program presents six feelings which are common to all young children—happy, sad, hungry, lonely, afraid, and angry. As the children discuss each feeling, they learn to recognize the feeling when expressed by others and to identify the feeling within themselves. Feelings are explored through stories, art, music, drama, and Centre Activities.

The manual is specifically designed for preschool, day care, ECS classes, as well as grades I and II.

CALENDAR OF EVENTS

September 30-October 1, 1994

Calgary, Alberta

A DOOR OF HOPE - CONFERENCE ON FAMILY VIOLENCE AND SEXUAL ABUSE

Brenda Tiessen-Wiens

Tel: (403)275-6935

Anneli Brault

Tel: (403)275-1751

October 20-21, 1994

Toronto, Ontario

KNOW MORE: PREVENTION THROUGH EDUCATION

(The Institute for the Prevention of
Child Abuse 9th Annual Conference on
Child Abuse)

Tel: (416)921-3151

Fax: (416)921-4997

October 2-6, 1994

Edmonton, Alberta

9TH NATIONAL CHILD AND YOUTH CARE CONFERENCE - THE CIRCLE OF HEALING

(CYC Conference '94)

Fax: (403)497-5150

FOCUS IS A QUARTERLY PUBLICATION OF THE
OFFICE FOR THE PREVENTION OF FAMILY
VIOLENCE. SUBMISSIONS FOR THE FUTURE ISSUES,
ESPECIALLY NEWS ABOUT THE COMMUNITY
ACTIVITIES, ARE WELCOME. TO PUT YOUR NAME
ON THE MAILING LIST OR FOR ADDITIONAL COPIES,
CONTACT THE OFFICE. ADDRESS ALL CORRESPON-
DENCE TO:

THE OFFICE FOR THE PREVENTION
OF FAMILY VIOLENCE
ALBERTA FAMILY AND SOCIAL SERVICES
11TH FLOOR, SEVENTH STREET PLAZA
10030 - 107 STREET
EDMONTON, ALBERTA T5J 3E4
PHONE (403) 422-5916 FAX (403) 427-2039



FAMILY VIOLENCE PREVENTION

Alberta

FAMILY AND SOCIAL SERVICES
Fall '94